

www.mcleanracquetandhealthclub.com

Fall Club Hours begin September 11
 Monday - Friday 6am - 11 pm
 Saturday & Sunday 7 am - 10 pm
 Pool closes @ 10:30 pm Mon. - Fri. 9:30 pm Sat. & Sun.
 Youth Fitness Hrs: (Ages 8-15) Mon. - Fri. 11 am - 5 pm
 Sat. & Sun. 10 am - 8 pm
 Playroom Hours: Mon. - Fri. 8 am - 8 pm
 Sat. & Sun. 8:30 am - 3 pm

NOVEMBER 2004



COURTSIDE CAFE
 Lunch
 11 am-3 pm (Everyday)
 11:30 am-2 pm (Buffet)
 Dinner
 5-9 pm (M-F)
 5:30-8:30 pm (Buffet ex Wed.)
 6-8:30 (Pizza/Pasta Every Wednes-

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Men's 5.0 Doubles 8-9:30 pm Racquetball Round Robin 5-6:30 pm	2 Mixed 3.5 Doubles 8:30-10 pm	3 Osteo Buster Class 7 am	4 Men's 4.0 Doubles 8:30-10 pm	5 Ladies 3.0 Doubles 6:30-8 pm Mixed Doubles 8-10 pm	6 Advanced Mixed Doubles 6-8 pm Junior Round Robin 8-10 pm
7	8 Men's 5.0 Doubles 8-9:30 pm Racquetball Round Robin 5-6:30 pm	9 Mixed 3.5 Doubles 8:30-10 pm	10 Osteo Buster Class 7 am	11 Men's 4.0 Doubles 8:30-10 pm	12 Ladies 3.0 Doubles 6:30-8 pm Mixed Doubles 8-10 pm	13 Century Tennis Tournament 7-8 pm
14	15 Men's 5.0 Doubles 8-9:30 pm Racquetball Round Robin 5-6:30 pm	16 Mixed 3.5 Doubles 8:30-10 pm	17 Osteo Buster Class 7 am	18 Men's 4.0 Doubles 8:30-10 pm	19 Ladies 3.0 Doubles 6:30-8 pm Mixed Doubles 8-10 pm	20 Advanced Mixed Doubles 6-8 pm Junior Round Robin 8-10 pm
21 Century Tennis Tournament 7-8 pm	22 Men's 5.0 Doubles 8-9:30 pm Racquetball Round Robin 5-6:30 pm	23 Mixed 3.5 Doubles 8:30-10 pm	24 Osteo Buster Class 7 am	25 HAPPY THANKSGIVING CLUB CLOSED	26 Ladies 3.0 Doubles 6:30-8 pm Mixed Doubles 8-10 pm	27 Advanced Mixed Doubles 6-8 pm Junior Round Robin 8-10 pm
28	29 Men's 5.0 Doubles 8-9:30 pm Racquetball Round Robin 5-6:30 pm	30 Mixed 3.5 Doubles 8:30-10 pm				



FREE 10 MINUTE SEATED MASSAGE
 November 12th & 26th
 5:30-8 pm
 Sign Up at Front Desk



TOTERCISE
 Through November 17th
 Monday, Tuesday & Wednesday
 9:30-10:30 am

TOTERCISE NEW SESSION
 Begins November 23rd



Full Lipid Profile Special
 for November
\$20

TRY THE NEW POWER 1/2 HOUR SERIES! IT'S AWE-



PALA CLASSES CONTINUE
 Monday thru Friday
 4-5 pm

CHILDREN'S HOLIDAY PARTY
 December 11th